

# LAKE HELEN NEWSLETTER

## MARCH 8, 2024



**RED ROCK  
INDIAN BAND**  
Strength. Tradition. Empowerment.

\*\*\*\*\*

## NEXT GENERAL BAND MEETING

**\*\*WEDNESDAY, APRIL 3, 2024\*\***  
**RESOURCE CENTRE**  
**7pm**

\*\*\*\*\*

## MEMBERSHIP OFFICE HOURS

**Effective January 2024**

**9am-4pm - Tuesday & Wednesday**  
**(closed 1 hour for lunch at noon)**

**\*\*There is a mandatory 24 hours notice  
to the Membership Office and  
2 pieces of ID are required.\*\***

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**Recycle Day**  
**Tuesday, March 19, 2024**

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**Garbage Day**  
**Saturday, March 9**  
**Please have your garbage out by 11 am.**

# **DESIGN THE NEW LAKE HELEN POLICE CRUISER**

**Lake Helen police will be receiving a new Police Cruiser in the near future. We are hoping to engage our Lake Helen Youth to help us design the fresh look. Your design will be entered and if chosen, your design will be put onto the new lake Helen cruiser.**

**The cruiser design must have:**

- **the Lake Helen Emblem,**
- **Lake Helen Police on it,**
- **the 1-888-310-1122 number on it.**

**All submissions must be in by June 1, 2024. Any youth aged 13 – 25, who are interested can submit their design to Constable Lesperance or Constable Boucher at the band office.**

**If you have any further questions, please email Cst. Boucher at [lisa.boucher@opp.ca](mailto:lisa.boucher@opp.ca) along with your design to be displayed on the cruiser for all to see.**

**RRIB will be donating a prize to our winner.**

**Hope to see all the creative and artistic abilities of our youth.**

**Cst. Lesperance and Cst. Boucher**

## RRIB MARCH BREAK EVENTS MARCH 11<sup>TH</sup>-15<sup>TH</sup>, 2024

### Monday March 11<sup>th</sup>



9am Resource Centre (RC)  
All ages Pancake Breakfast

Guessing jars, Penny auction,

Influenza poster contest ages 5-7, 8-10, 11-13

1-3pm Family Chip Bingo RC

Free, all ages

6pm Adult Meat Bingo 18+ RC Free

Crack the code begins today

### Tuesday March 12<sup>th</sup>



10am-12pm Puzzle Race RC

All ages, sign-up in teams of 3-4 or teams of two or try individual category

12pm-1pm Lunch RC Open to all

1pm-2pm ECD programming RC

0-6 years programming

2pm Outdoor Games RC

All ages; dress appropriately for weather

6pm Knott blanket making RC 18+ Sign-up only

### Wednesday March 13<sup>th</sup>



Homemade bread in band office kitchen supplied by OW for the pot luck feast

10am-12pm Field trip to water treatment plant. Games, races, and wiener roast; Open to all

12pm Influenza poster contest judging

1pm Scone making contest RC All ages

3pm Apple pie & Tomato Macaroni soup contest drop-off at the RC

4pm Community Potluck RC

6pm Road hockey ODR All ages

Wear your jerseys

8pm Fireworks by Howie at ball field

### Thursday March 14<sup>th</sup>



9am-4pm Family Swimming at the Canada Games Complex Thunder Bay

For those who signed up

12pm Pet pics submission deadline

12pm Home bingo full card submission deadline Attached to flyer

Drop off CCP Home floor plans/Fire escape routes anytime

9pm Teen Night Activities RC

Bingo, darts, cornhole, movie, games, etc

### Friday March 15<sup>th</sup>

10am-2pm Reiki Appointments Band

Office (by appointment)

9am-12pm Band Office Visit

Visit the staff and get your passports stamped; open to all

3-4pm RC Fish Derby Weigh-ins

6pm-8:30pm Family Dance RC

Free & open to all ages; prizes

9pm-12am RC Adult Karaoke & Dance 19+

Free, prizes, snacks & refreshments available

Events are subject to change. If you or anyone in the household are not feeling well or have cold/flu symptoms we ask that you do not attend for the safety of everyone.





## **March Break Puzzle Race Sign-up** **Tuesday, March 12th** **10am Resource Centre**

- 10 teams of 3-4 people (100 piece)
- 5 teams of 2 (50 piece)
- 5 individual spots (50 piece)
- First-come first-serve so register early!
- Open to all ages
- Team captains: Email [candace.tuck@rrib.ca](mailto:candace.tuck@rrib.ca) or text/call Candace to register your team 807-708-2187. Require names of teammates at time of registration and if you have a team name!
- Group team prizes could be assembled as family prize packs or 4 independent prizes in one bundle
- More info will be shared to those signed up



What is Reiki?

Reiki is a Japanese technique that treats the whole person including body, emotions, mind, and spirit creating many beneficial effects that include relaxation, stress reduction, security and wellbeing and feelings of peace.

**Want to try Reiki?**

**On Friday, March 15<sup>th</sup> there will be 6 appointments available for sign-up between 10am and 2pm.**

**First come first serve**

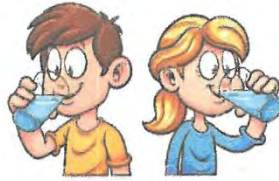
**Funded by the Mental Wellness Program**

**To book a time, please contact Candace Tuck at [candace.tuck@rrib.ca](mailto:candace.tuck@rrib.ca) or call 887-2510 ext 279 or text 807-708-2187**

**Authentic Connection Psychotherapy and Reiki Master Josee Wright, RPN**



## MARCH BREAK ACTIVITIES



### WATER TREATMENT PLANT

- LEARN ABOUT WHAT WE DO
- FUN, GAMES AND PRIZES
- WEINER ROAST



**WEDNESDAY, MARCH 13, 2024**

**10 AM – 12 NOON**

**(THE WATERBOYS AND MEG)**

# **MARCH BREAK SCONE MAKING COMPETITION**

**Join us at the Resource Centre  
on**

**Wednesday, March 13  
1 pm**

**Cash Prizes**

**All are invited to cheer on their  
fave chef or come out and learn  
how to make your own.**



**JOIN US AT THE RINK  
FOR  
ROAD HOCKEY**

**WEDNESDAY, MARCH 13, 2024  
6PM**

**IT'S TIME TO START YOUR VERY OWN  
COLLECTION OF HOCKEY CARDS!!**

**ALL AGES WELCOME**

**REMEMBER TO WEAR YOUR  
JERSEY.**

**FAVORITE**







# **FIREWORKS**



# **BY**



# **HOWIE**

**WEDNESDAY, MARCH 13, 2024**

**8PM**

**@ BALLFIELD**





# **LAKE HELEN HEALTH DEPT. MARCH BREAK BINGO**

**Earliest Full House  
Wins \$100**

**Please return winning cards  
to Flo @ that band office by  
Thursday, March 14, 2024**

**Winner will be announced  
on Friday, March 15, 2024**

## *Living with Cancer Support Group*

Join us for an evening of delicious food, inspiration, and support as we embrace the stories and herald the courage of members of our community and surrounding area who are surviving, fighting, and thriving while living with Cancer. This special program is designed to help build the support circles for members of who are currently battling or living with Cancer by allowing them to share their stories in a welcoming atmosphere surrounded by the positive energy by family and a community who love them.

**When: Thursday March 14, 2024**

**Where: Lake Helen Resource Centre**

**Time: 5pm**

❖ Please call and sign up for the dinner with Tina Wawia 887-2510 or 889-0357 by Friday March 8, 2024 signing up just gives me an idea how much food I will be needing Thanks.

**\*\* This is open for everyone to attend you do not need to have Cancer to attend you may be somebody's support system that can help them out\*\***

We dont know how  
*Strong* we are until  
being strong is the only  
choice we have.



# MARCH BREAK TEEN NIGHT



COSMIC BINGO, DARTS, CORNHOLE



GREAT PRIZES TO BE WON,  
COME OUT TO HAVE SOME FUN WITH  
YOUR FRIENDS.

Thursday, March 14, 2024  
9 pm



# **BAND OFFICE TOUR**

**Come in and learn what goes on daily here at the band office.**

**Tour the different departments, get your passport stamped for more chances to win prizes.**

**Friday, March 15, 2024**

**9 am – 12 noon**



# **MARCH BREAK FAMILY DANCE**

Fri, March 15th

6pm-8:30pm in the Resource Centre

Prizes, snacks & refreshments provided

Free and open to all

*Student volunteers needed! Get some volunteer hours  
helping with set up, dance games and clean-up.*

*Contact Candace by email [candace.tuck@rrib.ca](mailto:candace.tuck@rrib.ca) or  
text 807-708-2187*

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## **ADULT KARAOKE & DANCE 19+**

Fri, March 15<sup>th</sup>

9pm-12am in the Resource Centre

Prizes, snacks & refreshments provided

Free and open to all

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## 1<sup>st</sup> annual March break Family Fishing Derby



This Photo by Helgegunn Author is licensed under CC BY SA

## Friday March 15<sup>th</sup> 8am-4pm

Fish your favourite spot

Fish categories are pike, perch and pickerel.

1<sup>st</sup> prize Mystery weight

2<sup>nd</sup> prize heaviest fish in each category

Weigh in 3pm-4pm at the Resource Center

Didn't catch anything! Don't worry! Come put your name in for some random draws. Also enjoy some Hot dogs, smokies, Hot chocolate and coffee



## ADULT CHIP BINGO

Tuesday March 19, 2024

6 PM


LAKE HELEN RESOURCE CENTRE

\$5.00 entry

25 cents a card must play at least 4 cards for 10  
games







**TUESDAY,  
MARCH 19TH  
AT 11AM AT  
RESOURCE  
CENTRE**

# **ECD MONTHLY GET TOGETHER (0-6 YEARS OLD)**

- ✓ **Milk Vouchers,  
Heights, Weights**
- ✓ **Easter Activities**
- ✓ **Door Prize**
- ✓ **Lunch Provided**

**See You There!**







**INDIAN DAND**  
Strength. Tradition. Empowerment.



## **WEEKLY BRAZILIAN JIU JITSU & SELF DEFENSE CLASSES COMING TO LAKE HELEN WITH BJJFOURLIFE**



**Located in the Resource Centre  
All ages from 6pm-7:30pm**

- ▶ **WEAR COMFORTABLE CLOTHING AND BRING A WATER BOTTLE. A GI WILL BE MANDATORY AFTER THE FIRST CLASS**
- ▶ **REGISTRATION REQUIRED**
- ▶ **DROP-IN ANY DAY TO TRY IF BJJ IS FOR YOU**

**Dates for March 2024:**

**Wed, March 20th**

**Wed, March 27th**

**\*There will be no class during  
March break (13th)\***

Looks like BJJfourLife is expanding and taking on students in collaboration with Lake Helen every Wednesday\* starting January 2024 and the foreseeable future. If you are around the area, looking to train and start your BJJ journey, your time is now.

I will be there every Wednesday\* to instruct every class in hopes to grow our BJJ community in varying levels of capacity.

**BJJ IS NOT  
ABOUT BEING  
BETTER THAN  
SOMEONE ELSE...IT'S  
ABOUT BEING  
BETTER THAN YOU  
USED TO BE.**

**Why attend a Brazilian Jiu Jitsu class?**

- Brazilian Jiu Jitsu techniques are adaptable to every body type, skill level, gender and age.
- A form of Martial Arts that focuses on using leverage and technique.



# POKER WALK CHALLENGE

## MARCH - MAY

MARCH 20<sup>TH</sup>, APRIL 3<sup>RD</sup>, APRIL 17<sup>TH</sup>, MAY 1<sup>ST</sup>, MAY 15<sup>TH</sup>  
& MAY 29<sup>TH</sup>

MEET AT THE BAND OFFICE

Time: 6:00pm

Nightly prizes to be won.

5 times around Mission Bay Rd to Central Ave than back to the Band Office

Participating in the event your name will be put into a draw at the end of the challenge.

Everyone is welcome!



## March Book Club

Thurs, March 21<sup>st</sup>



### 5pm: In-person in the Resource Centre

Lasagna & salad dinner

Viewing of the documentary *The Pretendians*  
from CBC's *the Passionate eye*

Drew Hayden Taylor investigates how and why Indigenous identity, culture and art are being appropriated by those who are not Indigenous.

### 6pm: Virtual & in-person in the Resource Centre

Book club discussion

This month we will be discussing the book *Beyond Blood: Rethinking Indigenous Identity* by Pamela D. Palmater

Limited copies available



Indigenous identity fraud? What are “pretendians” and how are they causing ‘severe harm’ to Indigenous communities? What makes a person registered as a Treaty Indian? Why is Indigenous identity important?

**Everyone is welcome to attend the dinner and discussion.**

Email [candace.tuck@rrib.ca](mailto:candace.tuck@rrib.ca) or call 887-2510 ext 279 for a copy and to request a zoom link invite



# PRENATAL PROGRAM

TUESDAY,  
MARCH 26TH  
AT 11AM AT  
RESOURCE  
CENTRE



- ✓ Education from Dilico Midwives
- ✓ Milk Vouchers
- ✓ Socialization
- ✓ Lunch Provided







***Full Moon Ceremony***

***Saturday March 23, 2024***

***Lake Helen Resource Centre***

***7 pm***

***Bring your drums, rattles, skirts,  
beautiful voices***

***Bring a light snack to share***

**DILICO PRIMARY CARE TRAVELLING TEAM**

# **PHARMACIST:**

## **Jonah Dupuis**



### **Services Available:**

- Med reviews
- Home visits
- Recommendations to doctors
- Analyze Drug Interactions
- Side effect management
- Insurance Coverage
- Advice and Counselling on Vitamins and Over-the-counter remedies
- Synchronize refills
- Medication reconciliation
- Safe disposal of expired drugs
- Hospital discharges

## **Next in Lake Helen:**

**When: THU MAR.28  
And TUE APR. 9**

**HOME VISITS or AT THE  
BAND OFFICE**

**To Make an Appointment:**

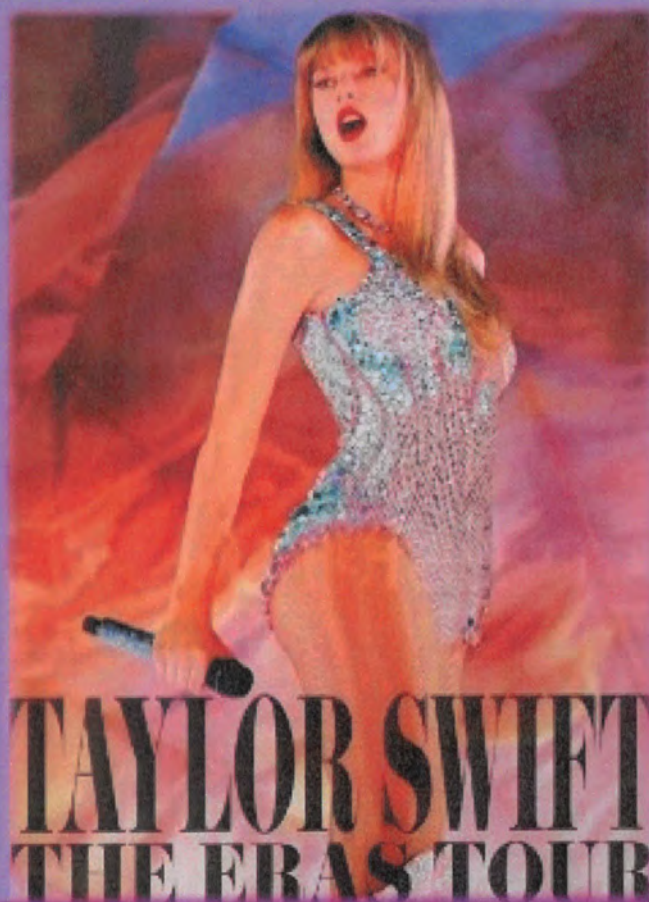
Contact PCTT Administrative Assistant (Sherri) at:  
1-855-623-8511 (ext. 5249)





# HEY SWIFTIES!!

BY THE WAY..... YOU'RE COMING OUT TONIGHT  
TO WATCH THE ERAS TOUR MOVIE



DRESS IN YOUR FAV ERA

FRIENDSHIP BRACELETS

FOOD & REFRESHMENTS

PRIZES

ALL AGES & EVERYONE  
WELCOME!!

CHILDREN 8 & UNDER MUST ATTEND WITH A CAREGIVER

**MARCH 29 | RESOURCE CENTRE**

**DOORS OPEN | 5:00 PM**

**SHOW TIME | 5:30 - 8:30PM**

# Comprehensive Community Plan

Provided is a list of example pillars that you can use to start brainstorming ideas for your input for the CCP.



Our People

Housing

Health

Education



Economic Development



Culture

Governance

Lands and Resources

Environment/Climate Change



Social Development



Operation and Maintenance

Other



# MARCH IS NUTRITION MONTH



**MARCH 6**

"FEEDING OUR  
BRAIN & BODIES"

@

NIPIGON-RED ROCK  
DISTRICT HIGH SCHOOL

9 AM-3 PM

**MARCH 14**

"NUTRITION & AGING"

@

BEARDMORE CLINIC

1-3 PM

**MARCH 20**

"MEET YOUR  
DIETITIAN!"

@

RED ROCK PUBLIC  
LIBRARY

2-4 PM

**MARCH 28**

"ELDERS TEA &  
COOKING CLASS"

@ FLYING POST  
FIRST NATION

11-1 PM



Join the Registered Dietitian for weekly  
nutrition information sessions in our  
surrounding communities! Learn new  
recipes and healthy eating tips.